

Guidelines for Healthy Celebrations

Please help us encourage lifelong healthy habits in our children. We encourage parents to join us for their child's birthday or other special occasion.



Our facility provides health foods for celebrations. If you feel that you want to provide “treats” for a special celebration here is a list of nonfood suggestions.

Stickers	Certificates
Little Toys	Rubber stamps
Toothbrushes	Rulers
Barrettes	Army men
Plastic rings	Decorative pencils
Erasers	Holiday theme items
Balloon racers	Fake tattoos
Finger/hand puppets	Bubbles
Glow-in-the-dark items	Plane gliders
Slap bracelets	Whistles
Party favors	Party hats
Fake teeth	

Before bringing items to the facility, make sure the items you wish to bring are approved and age appropriate for the group celebrating.

Depending on the size and number of children in your child's class, providing treats or gifts to all children could become costly. Here are a couple of low-cost, easy ideas that will give your child a memorable experience on their special day:

- Decorate the child care center or provide the decorations for your child's classroom. Example: A banner with the child's name and “Happy Birthday.” This will make your child feel special during the celebration/special occasion without adding unneeded fat and sugar in the diet.
- Take time to have a meal with your child at the center. This gives your child personal attention.
- Buy or supply a special book to be read during the day. Make it even more special by coming to your child's class to read the story.
- Plan and provide a special craft project for your child's class.
- Work with your child's teacher to plan special party games or activities.